

Assortment of Cereal (1 ounce)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28214
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
Lucky Charms Reduced Sugar	1 Each		549485
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL CORN FROSTIES BWLPK	1 Each	N/A	704280
Kellogg's – Kashi Strawberry Banana Smoothie Loops	1 Each	Commercial Foods	11618
Frosted Shredded Wheat Strawberry	1 Each	Commercial Foods	27150

Preparation Instructions

Updated 3.25.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	108.75
Fat	1.63g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	138.13mg
Carbohydrates	23.13g
Fiber	2.25g
Total Sugar	6.25g
Added Sugar	6.13g
Protein	2.00g
Vitamin A 87.50mcg RAE**	Vitamin C 0.45mg**
Calcium 61.25mg	Iron 2.84mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available